



# **Protect yourself from Avian Flu while traveling**



- **Avoid direct contact with chickens, ducks, or geese.**
- **Avoid live animal markets.**
- **Avoid touching surfaces contaminated with poultry feces or secretions.**
- **Practicing frequent hand washing or use of alcohol gels (>60% alcohol).**
- **Do not eat uncooked or undercooked poultry or poultry products, including dishes made with uncooked poultry blood.**
- **Consult a health care provider if you become ill with fever & respiratory symptoms within 10 days of returning from an affected area.**



**For more information:**

**[cdc.gov/travel/other/avian\\_flu\\_ig\\_americans\\_abroad\\_032405.htm](http://cdc.gov/travel/other/avian_flu_ig_americans_abroad_032405.htm)**